

## Who we are

**By choosing to stay with us tonight you are already doing good.**

We're a social impact business. We believe in human potential and put our profits where the people are and invest in our local communities. That includes, educating children around the world and retraining longterm unemployed locals from Newham, the borough of London you are in right now. We then give them jobs at our hotel or at partner hotels across London.

## Food & drink

### Breakfast

Mon – Sat | 7.00–10.30  
Sun | 7.30–11.00

### Bar

All day | 23.00

### Restaurant

A la carte menu serving hearty meals and tasty snackable dishes.  
Mon – Sun | 12.00–22.00

### Rooftop

\* Closed for the winter

## What's going on?

### AT GOOD HOTEL

#### Kensuke's Kingdom | PictureEast Film Festival 2025

Sat 1 Feb | 11:00-13:30 | Sky-Blue | FREE

Stranded on a remote island, young Michael and his dog encounter a reclusive Japanese man, a holdover from World War II. Together, they must defend their newfound paradise from dangerous intruders.

**To Book:** Eventbrite

#### Caribbean Short Films Showcase | PictureEast Film Festival 2025

Sat 1 Feb | 13:30-15:00 | Sky-Blue | FREE

Curated by Tamera Heron, this programme features short films that explore themes of identity, culture and traditions of the Caribbean diaspora.

To Book: Eventbrite

#### Community Yoga for All

Mon 3 Feb | 10:00-11:00, Sky-Blue Room | £7 or 4 for £23

Join us for a relaxing Yoga class featuring slow Asana and breathwork to enhance awareness and presence.

**To Book:** [www.rajbirsingh.org/book-online](http://www.rajbirsingh.org/book-online)

#### Valentine's Week

10-16 Feb | All day | The Living Room Restaurant

This Valentine's Day enjoy Good Hotel's bespoke menu to be shared with lovers, friends, or family. Take in the waterside views of Good Hotel and treat yourself like you mean it!

**To Book:** [events.london@goodhotel.co](mailto:events.london@goodhotel.co)

#### Qi (Energy) Balancing - Mindfulness for healing

Sun 23 Feb | 12:00-14:00, Blue Room | £9

This restorative session will introduce a range of gentle and invigorating movements to help improve energy levels, mental focus, circulation, brain fog and mental health.

**To Book:** [kmtrisingltd@gmail.com](mailto:kmtrisingltd@gmail.com)

#### Yoga for Gut Health - All Levels

Sun 23rd Feb | 18:00 - 19:15, Sky- Blue Room | £12 per guest or £20 for 2 guests

Experience improved gut health and inner harmony with Maria. Enjoy tailored yoga sequences designed to support your digestive system in a soothing session.

**To Book:** [hello@marialifestylepa.com](mailto:hello@marialifestylepa.com)

#### Zumba Fitness by Swati Kaushal

Sundays | 18:30-19:30 | Sky-Blue Room

Monday & Wednesdays | 19:00 - 20:00 | Sky-Blue Room | £10 or 4 for £32

Join the ultimate dance fitness party with local Licensed Zumba Instructor Swati Kaushal that combines Latin and international music with dance moves.

**To Book:** Call 07306 025904

#### Mums & Babies Postnatal Workout

Tuesdays | 10:30-11:15, Sky-Blue Room | £10 walk-in 60 minutes

Join our postnatal fitness sessions to boost energy, connect with fellow mums, and rebuild strength at any fitness level. Feel supported and empowered in our community.

**To Book:** [rhea.patel@one-element.co.uk](mailto:rhea.patel@one-element.co.uk)

#### Methodologies

Thursdays & Fridays | 17:00-18:00, Pink Room | £15 or 4 for £50

Empower your child with mathematical potential with tips, tricks, and speed-maths sessions in a guided setting.

**To Book:** [methodologiesbynisha@gmail.com](mailto:methodologiesbynisha@gmail.com)

### AROUND LONDON

#### Open Water Swimming

Various days | Royal Victoria Dock | £8

Just outside the hotel you can indulge in fresh water swims in the waters of the Royal Victoria Dock.

**More Info:** [www.loveopenwater.co.uk](http://www.loveopenwater.co.uk)

#### The Line

Various days, times & locations | FREE!

Explore art, nature and heritage for free on London's public art walk running between the Queen Elizabeth Olympic Park and The O2. **More info:** [www.the-line.org](http://www.the-line.org)

#### Victoria Dock Parkrun

Saturdays 09:00 | Victoria Dock | FREE (book ahead)

Join us just moments from the hotel for a free 5k community event every week at Victoria Dock, London, E16 1GB. **Register:** [www.parkrun.org.uk/victoriadock](http://www.parkrun.org.uk/victoriadock)

#### Sweheat Sauna

An authentic wood-fired sauna experience celebrating sweat bathing culture with a Finnish design stove and regular. events. **More info:** [www.sweheatsauna.co.uk](http://www.sweheatsauna.co.uk)